



# Bonalbo Central School

## School News

Term 3, Week 9 2016



### Dates to Remember

- September 16— Primary Cricket Gala Day Years 3-6
- September 20, 2016—Years 10-11 Subject Selection
- September 21, 2016—K-12 Tabloid Sports
- September 23, 2016—End of Term 3
- October 10, 2016— Start of Term 4
- October 10-14, 2016—Year 11 Yearly exams
- October 12-14 ,2016—Years 4-6 Dubbo Zoo excursion
- October 13, 2016—HSC exams commence
- October 17, 2016—Year 7 Transition Day
- October 18, 2016—Years 7-11 Science excursion to Fleays Fauna Park
- October 20-21, 2016—Ag students to Lismore Show
- October 21,2016—Year 7 vaccinations
- October 25, 2016— Inverell Cricket competition
- November 1-2, 2016—Years 2/3 Coffs Coast excursion
- Kindy Transition continues on Fridays.
- Term 4 P & C Meetings: 17th October, 21st November
- Term 4 Newsletters: 26th October, 16th November,

## Principal's Report

### Our Breakfast Club

A couple of years ago I made mention of our Breakfast Club in my Presentation Night address. It was probably the first time it had occurred to me to mention the work the Breakfast Club volunteers were doing and thank them for their efforts. A long term volunteer with the Breakfast Club came up to me at the end of the night and made a specific point of thanking me for the public acknowledgment of the volunteers and also mentioned that she couldn't remember the Breakfast Club ever being mentioned before. The reaction came as a bit of a surprise to me because it made me realise that I should have made more effort to thank the Breakfast Club volunteers in a more public way a lot sooner. It also made me ponder how easy it is for all of us; teachers, parents, students and principals to take programs like the Breakfast Club, which relies on goodwill and the hard work of volunteers, for granted.

However, the story goes on. Over the last couple of months Mon Petty and I have been working on the way the Breakfast Club will operate in upcoming years and we've had a number of meetings about this and other matters. The Breakfast Club will be operating as usual next year and in following years as long as we can continue to attract volunteers to help run it. What I have only recently been made aware of is just how much of a contribution Manoj and Priti Kumar, the owners of the local Foodworks, have made to the program this and past years. I won't embarrass them by going into details, but their support of the program has been massive and Manoj has offered to continue with this support for (and I quote) "as long as we own the business here in town".

I think it's all too easy to take the work others put in for the students at Bonalbo Central School for granted. It's almost as if we see volunteers from the P & C and the Breakfast Club working on stands at NAIDOC Day or on a cold winter's morning getting the Breakfast Club food ready and fail to stop and really take in that these

people are there of their own volition: they don't get paid and they are always willing to help out if asked.

I've been extremely lucky in my time at Bonalbo to have had a great set of parents, grandparents and carers on the P & C and an outstanding group of parents and carers who have made the Breakfast Club a viable and ongoing success. To all of them – Mon, Brooke, Hellan, Wendy, Nicky, Michelle, Manoj, Pritti, Melissa, Jenny, Raelene and many others who have helped out and who I am certain will continue to do so – I thank all of you on behalf of the staff and students at the school. We do notice and we appreciate your efforts. Thank you.

*Mr Trevor Hodges*  
*Principal*

# Thank you to all our wonderful volunteers.

### Message from our School Chaplain

On **Tuesday 20th September** Bonalbo and Tabulam schools are having a combined free sausage sizzle at Jubullum Village, outside the Community Hall, to give parents an opportunity to meet with Mr Trevor Hodges, Mrs Kacey Martin and Mrs Rachel Moore. This will be especially relevant for the parents of students who will be transitioning into Year 7 in 2017.

Even though the BBQ is for these parents it is open to the whole community.

*Allan Lambie*  
*School Chaplain*

## Our children's mental health

In Australia we are fortunate that most of our children and young people enjoy good health. However, mental health problems are not uncommon in people under the age of 25 years. Some of these problems may be relatively mild and short-lived and others may cause considerable distress to children, young people and their families over a longer period of time. Children and young people may be affected by depression and anxiety, challenging and disruptive behaviours, eating disorders, psychosis and self-harming behaviour. They may also have difficulty adjusting to an illness or loss in the family.

Parents and other family members are often the first to notice changes but may find it difficult to talk about them. They may also be embarrassed about seeking help or not know where to go for help. Instead they may decide to wait, hoping that problems will sort themselves out. But for most mental health problems, seeking early help has the best results.

If you are unsure about your child's health, it is best to seek professional advice. As a first step, you may prefer to talk to someone you trust such as your general practitioner, someone in your local community health centre, your child's teacher, school counsellor, or your religious adviser. Effective help for children and teenagers generally involves short-term counselling or therapies. These are usually based in the local community with as little disruption to school and family life as possible.

### What to look for

There is no single cause of mental health problems, but some things that may contribute include loss and grief, discrimination, alienation from school, violence, abuse and family difficulties.

The following are some signs of mental health problems in children and young people. If they last more than a few weeks, it may be time to seek professional help.

- Inability to get along with other children
- Marked fall in school work
- Marked weight gain or loss
- Changes in usual sleeping or eating patterns
- Fearfulness
- Lack of energy or motivation
- Irritability

- Restlessness, fidgeting and trouble concentrating
- Excessive disobedience or aggression
- Crying a lot
- Spending less time with or avoiding their friends
- Feeling hopeless or worthless
- Reluctance to go to school or take part in normal activities
- Overuse of alcohol and other drugs

If children or young people have persistent thoughts about hurting themselves or wanting to die, they need urgent professional help.

### Where to go for help

In an emergency contact:

- Emergency services - phone 000
- your general practitioner, or
- your local hospital emergency department.

### 24-hour telephone services include:

#### Lifeline

Phone: 13 11 14 (for the cost of a local call)

#### Kids Help Line

Phone: 1800 55 1800 (free call)

### Other places to go to for help include:

- your general practitioner
- your child's school counsellor
- the local community health centre, and
- the local mental health service.

### Website:

<http://www.health.gov.au/support.pdf>

### **1-2 3 Magic & Emotion Coaching:**

#### **Parent course**

Learn to manage and sort behaviours in children 2-12 years. This is an effective program that delivers adaptable strategies for parents and carers.

This will be a 3 session program held at Urbenville Public School on Thursday 13th, 20th and 27th October, 10.30am-1.00pm with complimentary morning tea.

Registration is free and to register for the course contact: **Urbenville Public School on 02 6634 1333 or Kyogle Family Support Services on 02 6632 1044.**



## Autism Spectrum Disorder Workshop

For parents interested in learning more about Autism Spectrum Disorder there is a workshop coming up next term in Grafton on 11th November. Northcott will be presenting Tony Attwood. He will be speaking about: What is ASD, a different way of thinking and learning and strategies to improve social understanding and friendship skills.

### A little about Tony Attwood

Tony Attwood is well known for sharing his knowledge of Asperger's Syndrome. He has an Honours Degree in Psychology from the University of Hull, Masters Degree in Clinical Psychology from the University of Surrey and a PhD from the University of London. He is currently adjunct Associate Professor at Griffith University in Queensland.

Tony has written several publications on Asperger's Syndrome. His book, titled Asperger's Syndrome, has now been translated into several languages.

Tony operates his clinic two days a week and supports children and adults by visiting them at school and home. He also spends a large amount of time travelling nationally and internationally to present workshops and papers.

### For more information contact:

Belinda Adams

**Phone:** 02 6620 6600,

**Email:** [Belinda.adams@northcott.com.au](mailto:Belinda.adams@northcott.com.au)

**Web:** [www.northcott.com.au](http://www.northcott.com.au)

*Rebekah Owens*

*Learning and Support Teacher*

## P & C Report

The P & C Father's Day raffle was drawn at school on Friday 2<sup>nd</sup> September 2016.

### The lucky prize winners were:

- 1<sup>st</sup> Prize- Signed Rabbitohs Football – Ceridwen;
- 2<sup>nd</sup> Prize- \$50 Super Cheap Auto – Zac;
- 3<sup>rd</sup> Prize- Hedge Trimmer – Cleo;
- 4<sup>th</sup> Prize – Abby Shay (c/o Dionne & Damein).

Thank you to everyone for supporting this raffle by donating the prizes and buying tickets.

On Wednesday 7th September, Nicky and I cooked a sausage sizzle for the Primary Gala Sports Day. Thank you to Jamie and Geraldine from Old Bonalbo for their help with serving on the day.

A special thank you to the ladies for running the meat tray raffles (supplied by Richmond Valley Meats) at the Dog & Bull Hotel on Karaoke nights this term. Job well done. Thank you to Kerry and Paul and the hotel patrons for your continued support.

Any feedback you may have for the P&C regarding our activities or events, we'd love to hear from you.

Email: [wendy.johnston3@det.nsw.edu.au](mailto:wendy.johnston3@det.nsw.edu.au)

### Upcoming events:

- Saturday October 15 - *Bunnings BBQ*;
- Tuesday November 1 - *Melbourne Cup*;
- Thursday December 1 - *CAPA Night*;
- Tuesday December 13 - *Presentation Night*.

If you are able to help at any of these events please let us know by phoning Nicky at school on 6665 1205, or emailing

[nicole.wright-bernhagen1@det.nsw.edu.au](mailto:nicole.wright-bernhagen1@det.nsw.edu.au) .

Next meeting: **Monday 17<sup>th</sup> October.**

Hope to see you there!

*Wendy Johnston*  
Secretary

## Primary Report

Welcome to the last newsletter for Term 3. This year is progressing well, with a number of events to happen in the last two weeks of this term.

### **Regional Athletics Carnival – Coffs Harbour**

We recently had 1 of our students attend and compete in the Regional athletics carnival. Zara had a great day and came 4<sup>th</sup> overall for her 100m running event. We are very proud of her efforts and congratulate her on this.

### **Assembly**

Thank you to the parents and family members who attended our Primary Assembly last week. Our students enjoy showcasing the work and effort that they put into their learning.

### **Casino Creative and Performing Arts Concert**

Students have this week to continue with their rehearsing of their performances for Casino Performing Arts. Students will be transported to Casino for rehearsal via bus, however, transport home after the performance is to be by private transport. Adults \$10 and Children \$5 a ticket.

### **Primary School GALA Day**

On Wednesday the 7<sup>th</sup> of September (Week 8) our school hosted a GALA Sport day with a number of neighbouring schools coming to participate. The sports focussed on for the day were basketball and cricket with tabloid games for K-2. Thank you to the P & C for hosting a BBQ lunch. A great day was had by all students.

### **Drop off to School Times.**

It has come to our attention and concern again that students are being dropped off to school before 8:30am. Unfortunately if students are dropped off before this time there are no teachers on supervision. Our parent volunteers and other school personnel are not here to supervise students.

If you have difficulties due to work commitments or appointments please come and see us as we are happy to come up with an arrangement.

### **4/5/6 Dubbo Excursion**

The 4/5/6 excursion to Dubbo Zoo is being held early in Term 4. Payments can be made at any time during the day to the front office.

Thank you for the support during the fundraising for the class excursion, every little bit goes a long way to support these events being organised for

your children.

### **2/3 Class Excursion Coffs Harbour**

Notes have gone out in regards to the overnight excursion to Coffs Harbour for years 2 and 3. This is being held during week 4 of Term 4. Payments can be made to the front office during school times.

The students are looking forward to this very much.

### **Cricket GALA Day: Casino**

We have 15 students attending the Cricket GALA day on Friday 16<sup>th</sup> of September in Casino at Queen Elizabeth Park. They will be playing against a number of schools across the area. Thank you to Ms Ludwig and our parents who are transporting students in on the day. They will be leaving BCS at 8am with an expected return time of 3:15pm.

### **Health Goal Challenges Years 2-6**

Two more weeks for students to achieve their lifestyle (years 4-6) or Healthy Diet Pyramid (Year 2-3) goals set.

Charlie set her goal to eat less junk food and do more outside activities. Harley thinks he should exercise more.

Blake and Dan want to eat more fruit. Jacinta wants to eat vegetables every night. Axle wants to get fit.

### **Primary Cooking**

Year 2 and any Years 3-6 not attending the Cricket Gala Day on 16th September will be cooking Seed Damper, so students need to bring an apron or clean t-shirt, 2 tea towels and a dishcloth.

Our theme for **Nutrition Week** is **Try For 5**. This is all about encouraging Australians to eat their five serves of vegetables every day. Whether they're fresh, frozen or canned, eating more vegetables is one of the easiest, cheapest – and tastiest – things we can all do for better health and wellbeing!

### **Veg it to the Max!** Family Challenge:

Competition entry forms have been sent home with students in Years 2 to 6. All competition entries must be received by 5pm, Friday 14 October. Winners will be notified by Friday 4 November via phone and email.

*Thank You  
Primary Staff*

## Secondary Report

### Year 7 Design and Technology (Food)

Breakfasts with toasted muesli, fruit salads and scrambled egg wraps are being enjoyed.

### Year 8 Design and Technology (Food)

Students this week made their own pasta with pesto, with Buddy making exceptional fettuccine.

### Years 9/10 Food Technology

Novelty cakes are being designed in pairs, while Pina Colada and Frappes are some of the drinks the students have been enjoying.

### Years 11/12 Hospitality Excursion

The combined Hospitality excursion with Woodenbong was at Sea World Resort. It was really enjoyed by everyone and a lot was learnt from the experienced staff at the Resort.

*Mrs Suzy Taikakara*

*DAT/Food Technology/Hospitality*

## SCHOLARSHIPS FOR SCHOOL LEAVERS COMMENCING FULL TIME TERTIARY STUDY:

I currently have application forms for the John Downs Memorial Scholarship (managed by the Casino School of Arts) that is open to any person from the Casino district who is starting full-time tertiary study in 2017.

This scholarship has no restriction on the course of study and the successful applicant will be chosen on a combination of need and academic achievement.

Please check with your child, if he/she is entitled to apply, that they have picked up an application form.

Cheers,

*Jan Maslen*

*Head Teacher Secondary Studies/Careers*

## Bonalbo Art Teacher sets the standard

Sally Goldstein, who teaches Visual Art to Bonalbo Central School students, has shown that she can practice what she preaches, when she entered the Bentley Art Prize this year. Sally entered her Drawing titled "Disposable", in Section 4-Drawing and earned the well-deserved first prize.

This year's theme for the drawing section of the Bentley Art Prize was "Extinct Wildlife". Sally explains her drawing: "My entry is a drawing of a crumpled-up piece of paper with a picture of a dead thylacine (Tasmanian tiger) which has been shot and hung up by the hind legs. I drew the crumpled-up paper as if it is a piece of rubbish, to be thrown away; gotten rid of like the thylacines."



In being an award winning artist, Sally sets the standards and provides a great example to her students, proving that with skill, practice and determination, they too can produce award winning art works.

# Be Your Best at Casino Little Athletics!



- Family fun and fitness
- Caters for children from 4 years (Tiny Tots) to U17
- **WHEN** - October - March during school terms on **WEDNESDAYS** from 4.30pm—6pm

We have 2 upcoming registration days:  
Wednesday 14 & 21 September 4.30pm – 5.30pm

Where – Queen Elizabeth Park oval 3, Casino

For more information contact Peta 0459 956 417



*Urbenville & District Progress Association  
will be having a Spring Family Dance  
to celebrate the official opening of the new kitchen  
at Urbenville Memorial Hall.*

*October 8<sup>th</sup> 2016*

*7.30pm Daylight Saving Time*

## GET DRESSED UP

**FAMILY FRIENDLY**

**ALCOHOL FREE**

**MUSIC  
BY ANN,  
JILL &  
BILL**

**TRUE COUNTRY  
HOSPITALITY-  
TRADITIONAL  
SUPPER**



**GET  
DRESSED  
UP**

**OLD  
STYLE &  
ROCK N  
ROLL  
DANCES**

**DANCES FOR THE  
CHILDREN**

**LUCKY SPOT  
PRIZES**

**DANCE  
THE  
NIGHT  
AWAY**

*Please bring a plate to share*

**Bonalbo Central School-Absent Note**

Child/Caree \_\_\_\_\_ Year \_\_\_\_\_ was absent on \_\_\_\_\_  
(Full Name Please)

Reason being \_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Bonalbo Central School-Absent Note**

Child/Caree \_\_\_\_\_ Year \_\_\_\_\_ was absent on \_\_\_\_\_  
(Full Name Please)

Reason being \_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

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(Full Name Please)

Reason being \_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Bonalbo Central School-Absent Note**

Child/Caree \_\_\_\_\_ Year \_\_\_\_\_ was absent on \_\_\_\_\_  
(Full Name Please)

Reason being \_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_